



COUNTYWIDE FITNESS CHALLENGE 2013



JOIN US FOR THESE FUN FAMILY EVENTS

WALK IT OFF!

5K fitness walk, exercise sessions and biometric screenings.

Saturday, May 18, 2013

8:00 a.m. – Noon

Whittier Narrows Recreation Area

751 South Santa Anita Avenue
South El Monte 91733

MAKE A SPLASH!

A day of water fun with kayaking, paddle boards, and volleyball.

Saturday, June 15, 2013

8:30 a.m. – Noon

Castaic Lake State Recreation Area

Discovery Bay, Lower Lake
32132 Castaic Lake Drive
Castaic 91384

RSVP to secure your giveaways at
<http://dhr.lacounty.info>

STOP & SMELL THE FLOWERS!

Farmers' Markets and power walks.

Saturday, July 13, 2013

8:00 a.m. – Noon

Cerritos Farmers' Market

18074 Park Plaza Drive
Cerritos 90703

Saturday, July 27, 2013

8:00 a.m. – Noon

Victory Park Farmers' Market

2575 Paloma Street
Pasadena 91107

Saturday, August 10, 2013

8:00 a.m. – Noon

Wilson Park Torrance Farmers' Market

2200 Crenshaw Boulevard
Torrance 90501

GET CULTURED!

Dance Mania, Wellness Center & 2-mile hike through the hills

Saturday, August 24, 2013

9:00 a.m. – 1:00 p.m.

Hollywood Bowl

2301 North Highland Avenue
Los Angeles 90068

CHILL OUT!

Power walks and cooking demonstrations.

Saturday, September 21, 2013

8:00 a.m. – Noon

Dockweiler Youth Center

12505 Vista Del Mar
El Segundo 90245

TAKE A HIKE!

A day of family fun with fitness hikes and volleyball.

Saturday, October 5, 2013

7:30 a.m. – Noon

Kenneth Hahn State Recreation Area

Burke Roche Point
4100 S La Cienega Boulevard
Los Angeles 90056

PLAY FOR LIFE!

A day of family fun featuring a "triathlon"—fitness walk, bicycle fun ride and pedalboat rally.

Saturday, October 19, 2013

8:00 a.m. – Noon

Santa Fe Dam Recreation Area

15501 Arrow Highway
Irwindale 91706